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WELCOME TO SOTA

Thank you for allowing us to be part of your Wellness Team.

The LightWorks is a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The SOTA LightWorks combines the ancient wisdom of color and light with the gentle frequencies and LEDs of modern technology to gently awaken the body's natural tendency towards general health and well-being.

The LightWorks is designed to be used independently, but can also be used together with any of the SOTA Products.

With proper care, your LightWorks should provide you many years of trouble-free use.

Please understand that results will vary.

BEFORE USING

Please read this manual thoroughly before using your LightWorks. For the most up-to-date manual, please visit our website www.sota.com/manuals.

We have made every effort to ensure the information in your manual is up-to-date at the time of printing ... since that time however, new information may have become available.

LEARN MORE

To learn more about the LightWorks we invite you to visit the SOTA website:

www.sota.com

The website offers How-to Videos, Frequently Asked Questions, *The SOTA Products User Guide*, SOTA News ... and more.

COMPLEMENTARY UNITS

The LightWorks can also be used with:

- The LightWorks Hand Paddle Set



COMPLETE UNIT INCLUDES

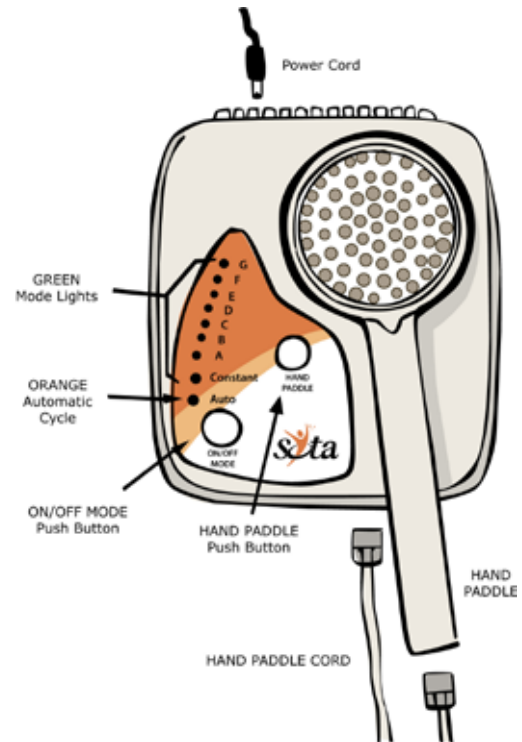
- One (1) LightWorks Unit
- One (1) Red/Near Infrared Hand Paddle
- One (1) LightWorks Cord
- One (1) Wall Adaptor
- One (1) Carrying Case
- One (1) Product Manual

DO NOT USE

1. Do not use in the following situations as safety has not been explored:
 - a. In the case of pregnancy.
 - b. In the area of an active implanted device such as a pacemaker, etc.
 - c. On the eyes.
2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.

CAUTIONS

1. Without proper airflow, there is a potential for the LEDs to overheat and cause a burn to the skin. When in use, please ensure there is proper airflow around the head of the paddle.
2. Caution is advised when using heat-producing or heat-sensitive ointments, lotions or medications as a skin burn may occur.
3. If you are on light-sensitive medications, please consult your health care provider prior to using the LightWorks.
4. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology. SOTA assumes no responsibility for any direct or indirect loss or damage believed to arise from using the SOTA Products.



SUMMARY OF LIGHTS

GREEN: Indicates which mode is selected.

ORANGE: Indicates that the Automatic Option is in operation.

HOW TO USE THE LIGHTWORKS

1. Insert the power plug from the AC-DC Wall Adaptor into the unit and plug the adaptor into an electrical outlet.
2. Remove the protective cover from the lens on both sides of the Hand Paddle.
3. Plug one end of the LightWorks Cord into the Hand Paddle and the other end into the Base. When properly inserted, the plugs will click securely into the jacks.
4. Push the ON/OFF/MODE button. All the lights on the base will flash in sequence to indicate the unit is ready for use. The unit starts in the Automatic (AUTO) Option and begins with the Constant Mode. The AUTO light will flash continuously.
5. Select one side of the Hand Paddle by pushing the Hand Paddle button. Only one side of the Hand Paddle is operational at a time. Push the Hand Paddle button to check the operation of each side of the Hand Paddle.
6. The unit can be left in AUTO or a specific Mode can be selected.
 - a. In AUTO, the unit will operate on the selected side of the Hand Paddle for 32 minutes – 4 minutes on each of the 8 Modes. The unit sounds a ‘beep’ after each 4 minute Mode has completed.
 - b. Manual Option: Choose a specific Mode by pushing the ON/OFF/MODE button briefly. A GREEN light indicates which mode is selected. The Constant Mode operates for 30 minutes and Modes A - G run for 15 minutes each.
 - c. To return to the AUTO Option continue pressing the ON/OFF/MODE button until the ORANGE light comes on. See ‘Output of Modes’ on page 6 for the frequency of each Mode.
7. The LED lights on the Hand Paddle should be placed directly on or very close to the skin. *Clothing will block the light.*



8. When any of the timed cycles finish, the unit will beep. To continue with another cycle, push the ON/OFF/MODE button within 20 seconds of the beep. The unit turns itself off if the ON/OFF/MODE button is not pushed within this time.
9. To turn the unit off before the end of a cycle, hold the ON/OFF/MODE button down for a full two seconds.
10. *Unplug the Wall Adaptor* when not in use.

Note: With the unit off, when unplugging the Wall Adaptor or the LightWorks Cord, the lights on the Hand Paddle may flash briefly.

Notes:

Hand Paddle: The Hand Paddle can be changed from side to side at any time during a timed session.

The Hand Paddle casing for the LED lights may become very warm with extended use. If it feels uncomfortable, turn it off and allow it to cool before continuing.

Timing: When either the Mode or Hand Paddle setting is changed the timing is reset.

Cleaning the Hand Paddle Lenses: Use a damp cloth. Do not spray water directly on the Hand Paddle as this risks moisture entering the casing. Do not use abrasive chemicals on the plastic.

Infrared Side: When this side of the Hand Paddle is selected, only the 5 Red LED lights will be visible to the eye.

HOW IT SHOULD FEEL

Most individuals will not feel any sensation while using the LightWorks.

TYPICAL USE

Length of Session: It is best to begin slowly and then gradually increase the length of each session.

Length of Use: When used as part of a Wellness Protocol, use every other day. For specific purposes, longer and more frequent sessions may be more beneficial. Generally, the LightWorks can be used as needed.

Placement: The Hand Paddle may be placed on one location or moved at any time to different locations during a session.

Drink plenty of water: It is important to drink enough water when using the unit. Drinking ozonated water is especially helpful.



TIMING, MODES AND OPTIONS

AUTO Option

When using the AUTO option, the LightWorks is timed for 4 minutes on each of the 8 Modes for a total of 32 minutes.

MANUAL Option

When using the MANUAL option, the Constant Mode is timed for 30 minutes. Modes A - G operate for 15 minutes each.

OUTPUT OF MODES

The table indicates the frequency output of each Mode.

For more information about the Modes, please visit our website at www.sota.com.

MODE	Constant	A	B	C	D	E	F	G
Frequency (Hz)	N/A	292	584	1168	2336	4672	73	146

JOULES OUTPUT

Research indicates that a minimum output of 4 Joules per cm² is required to be effective. The following table indicates the Joules per cm² for each Hand Paddle.

Paddle Color	Manual Option		Automatic Option
	Constant Mode Joules/cm ²	Modes A - G Joules/cm ²	All Modes Joules/cm ²
Red	15	4	9
NIR	17	4	10
Orange	5	1	3
Yellow	9	2	5
Green	10	2	6
Blue	26	6	15

In Manual Option, Modes A - G is per 15 minutes and Constant Mode is per 30 minutes.

In Automatic Option, output is per 32 minutes (4 minutes in each Mode).

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

12 Volts DC @ minimum 1.5 Amps, **Tip or Center Positive**.

Caution: Exceeding the voltage rating or reverse connection may result in injury or unit failure. This will **void** the warranty.

OPTIONAL POWER INPUT

To operate the LightWorks from a 12 Volt DC source, such as an automobile battery or an appropriate Solar Panel, purchase a Universal Power Cord with **Tip or Center Positive**.

LIGHT OUTPUT SPECIFICATIONS

Red LEDs: Features 60 high-intensity Red LED lights with a wavelength of 660 nanometers (nm) (+/- 10 nm) and a light output of approximately 245 milliwatts (mW)*.

Near Infrared LEDs: Features 55 high-intensity Near Infrared invisible LED lights with a wavelength of 880 nanometers (nm) (+/- 10 nm) plus 5 visible Red LED lights with a light output of approximately 270 milliwatts (mW)*.

Frequency Tolerance: +/- 1 Hz.

*Light output measured using a Newport Optical 1830-C Light Meter.

TROUBLESHOOTING

A Troubleshooting Guide for the LightWorks is available at www.sota.com/manuals. This Guide is a great tool to check if you are experiencing any issues with your unit.

COUNTRIES THAT PARTICIPATE IN MANUFACTURING

The manufacturing of the SOTA Products is a global collaboration. The following countries participate in the making of the LightWorks (listed in alphabetical order):

Canada, China and Hong Kong.

REPLACEMENT ACCESSORIES

To replace your accessories, contact your supplier.



WARRANTY

The LightWorks Model LW1 is covered by a three (3) year limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the LightWorks without obligation.

REPAIRS

Please contact your supplier for return instructions. For information about your closest repair depot, contact repairs@sota.com or call Toll-Free: 1.800.224.0242 (Canada & USA) or 1.250.770.2023.



Made in China. Designed and Engineered in Canada.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •